

Carlmont's Miller Runs 4:13.7⁵⁻¹ Mile

Ironically but logically, it took Steve Miller's first loss of the track season to make him the greatest miler in SPAL history.

Miller became the second Carlmont Scot in a week to set an SPAL record with a 4:13.7 mile clocking on the first leg of Carlmont's distance medley relay team at the El Cerrito High relays Saturday.

Miller was pushed to the mark by El Cerrito 880 great Dale Scott, who registered a 4:12.4 as the hosts won the event and Carlmont was second. It was Miller's first outstanding competition of the season.

"It was a fantastic race," said Scot coach Loren Lansberry. "Steve never felt any real pain, he said he felt relaxed. It was the first time all season he had to follow anyone across the finish line, but it was what he needed."

Miller's clocking bettered the 4:15.4 of Palo Alto's Jon



STEVE MILLER
Best in history

Enscoe in 1966, and was the second best in San Mateo County history. Only Burlingame's Eugenio Amaya (4:11.0 in 1969) has gone faster.

Though set in a relay event, Miller's mark goes as a record

because it came on a leadoff leg and was carefully recorded with an eye to baton passing regulations.

"I think Steve can go under 4:10 in the State Meet," said Lansberry, who noted Scott will go in the 880 then. Doubtless, though, Miller will have more good competition. He now ranks in the top four or five in the state.

Paul Dempster, who set an SPAL pole vault record at 14-6 $\frac{3}{4}$ last Thursday against Sequoia, won the El Cerrito vault title with a 14-0 leap for Carlmont's lone victory. Teammate Chris Willett tied his best mark with a 13-6 for fifth.

Scot shot putter Paul Brandow took second at 56-5, two inches short of his best. Carl Cattarin, Vince Ketchens and Bruce Sayre teamed with Miller for the distance medley second.

The Scot Class B distance medley team (Chuck Oliver, Joe Castagno, Dana Carvey and Mark Luce) was second by three-tenths second when accidentally put in the slow heat and given no competition. The B two-mile team (Russ Black, Bill Lator, Ed Barney and Steve Fiamingo) was third.

San Carlos claimed seven varsity and eight frosh-soph medals at the Pacific Grove Invitational Saturday.

Bruce Veal, competing in only one event due to a swollen knee, was second in the long jump at 21-10, as was Ken White in the mile in 4:27.4. John Pierog was fifth in the mile with a life best 4:35.1.

Brad Weir's 440 life best 52.7 was good for fifth, as was Matt Langley's 15.5 high hurdles. Ron Cartmell was fourth in the 880 in 2:03.0 and Lee Shoop fifth in 2:04.7.

In frosh-soph competition, Pete Butler was second in the 100 (10.6) and fourth in the 220 (23.9); Ron LeClair fifth in the 70 high hurdles (9.9) and fourth in the lows (21.5); Alvin Spencer second in the lows (21.3); Mark Rockwood second in the shot (50-2); Kelly Lawson third in the pole vault (11-6) and Ray Nolan fourth (11-0).

Lancer Spikers Rip Riordan⁴⁻²⁹

MOUNTAIN VIEW —Mike Kasser and Steve DiDomenico of Redwood City each claimed double victories yesterday as St. Francis High upped its West Catholic Athletic League track and field record to 3-1 with a 102-34 victory over visiting Riordan.

Working on his sprint speed, half-mile ace Kasser won the 440 in 51.8 and the 220 in 23.2, and DiDomenico won both hurdles.

440 rel — St. Francis 46.7; 120 HH — DiDomenico (SF) 16.2; 880 — Burch (SF) 2:02.2; 100 — Adamo (SF) 10.7; 440 — Kasser (SF) 51.8; 2-mile — O'Halloran (SF) 10:05.3; 160 LH — DiDomenico (SF) 21.3; 220 — Kasser (SF) 23.2; Mile — Ryan (R) 4:40.7; TJ — Tovar (SF) 43-3; Mile rel — St. Francis 3:41.4; SP — Tenbruggencate (R) 55-9; LJ — Gianotti (SF) 20-8 $\frac{1}{2}$; Dis. — Tenbruggencate (R) 147-8; HJ — Roman (SF) 6.4.

FROSH-SOPH: Riordan 73; St. Francis 54; Maloof (SF) 147-9 $\frac{1}{2}$; SP — Rosini (SF) 50-10 $\frac{1}{2}$.